

Enough TO EAT, TO EARN, TO SHARE, TO LEARN

That's the power of your support for Heifer families like these.

IN GHANA, ENOUGH TO SEND MARY AND VICTORIA TO SCHOOL

A year apart in age, sisters Mary and Victoria Akron are advancing in life together now that their parents can afford to send them to school.

Once a professional soccer player, the girls' father, Ahmed, saw his fortunes decline after suffering a severe injury in a car accident. He could only find occasional work as a mason.

Hard times followed, until a neighbor told Ahmed about a Heifer livestock project. **Soon he was receiving training in animal management, veterinary care, Heifer Cornerstones and other useful subjects. Then he received five goats which quickly gave the family new opportunities.**



With hard work and enterprise, he soon had 19 goats, 52 chickens, two sheep and two lambs. Using their growing prosperity to provide their children with a good education was a top priority. "They will be our future leaders," says Ahmed. His wife Janet adds, "It is important for our children to have a good education, because there will be a time when without education you won't be able to get a job."

IN ZAMBIA, ENOUGH TO FEED CORNELIUS AND MISCHKEK

Brothers Cornelius and Mischkek Mugala are growing up strong and healthy with the help of daily servings of nutritious milk.

Things weren't always that bountiful, however. "Our standard of living was very, very poor," remembers their mother, Linus. "Our children did not have enough food."

Linus belonged to a local women's group that was approached by a Heifer representative. A dairy cattle project was forming and the women were invited to join.

"We wanted livestock to assist us," says Linus. "Milk is very helpful in terms of feeding our families." Linus and her husband, Leston, soon received two dairy cows and training in their care. An abundance of fresh, nutritious milk soon followed, along with plenty of organic fertilizer to improve their soil. **After passing on their animals' first offspring, increased income enabled the couple to purchase two additional cows, which together generate 13 gallons of milk per day! They keep 1 gallon for home consumption and the rest is sold to a local cooperative.**

Pigs, chickens, fish and other animals now populate the family's flourishing farm. In fact, the sale of milk, vegetables, fish and other products has enabled the family's income to grow from a scant \$54 a year to an astounding \$10,786 in 8 years!

"Yes, we want Heifer to continue," says Leston. "There are so many other people whom Heifer hasn't reached that need assistance."



IN NICARAGUA, ENOUGH FOR MARIE TO BRING ELECTRICITY TO HER HOME

Cousins Francys and Jissel can drink as much water as they need to, now that their family no longer has to walk miles to the nearest source.

The small village of San Jose de San Lucas is typical of many poor rural communities without running water. Collecting the dozens of gallons needed each day was an added burden on already struggling coffee growers, like the girls' grandmother, Marie Lourdes Briones Castellones.

Hope arrived when Heifer International empowered Marie and her neighbors to work together through a new cooperative to improve their growing practices, coordinate their marketing and command higher prices for better coffee beans. They transport water by vehicle while they save money to build cisterns and other improvements. And that's just the beginning.

Their coffee earnings are supplemented by the sale of eggs and poultry, and their income has created community benefits, like a new roadside store and solar panels to bring electricity to individual homes.

Co-op member Luis Centeno says, *"Most families here have a better life because of the cooperative."*



IN RWANDA, ENOUGH FOR TWIN GIRLS TO THRIVE

Plenty of milk, vegetables, schooling and a rabbit breeding enterprise have changed the lives of twin girls Angelique and Angeline.

Before joining a Heifer dairy project, their parents, Evariste and Marie, struggled to provide for their family. With little income or property, the family was stuck in poverty.

When Evariste received a heifer and training in its care, things changed rapidly. **His original cow produced six offspring, one of which he gifted to another struggling family through Heifer's Passing on the Gift® pledge. Income from milk, vegetables and cow breeding brought security, health and opportunity for every member of the family.**



"Before, we went [to the doctor] every week with one of our children," says Marie. "Now, they are eating three healthy meals." Adds Evariste, *"We have the money to provide for their needs."*

Evariste also completed training as a community animal health care worker. He was able to pay for sewing apprenticeships for his two oldest daughters. And the twins? They hopped at the chance to breed rabbits, which they're able to sell for \$4 each! Now, says their mother, *"Anything is possible."*

Countless families have the will and the fortitude to lift themselves from poverty. What they don't have are the building blocks to try. Your gifts to Heifer deliver livestock, training and other resources that hard-working families can use to escape the heartache of never having enough, and build secure futures of lasting prosperity.

Help lift more families out of poverty with a gift to Heifer today.



Dear Friend,

From nothing to something — that's the transformation your past contributions made possible for the children and families uplifted by Heifer International.

From nothing to eat ...

to enough nutritious milk and vegetables to grow up healthy and strong.

From nothing to spend ...

to enough earnings to rise out of poverty and build a bright future.

From nothing to share ...

to enough productivity to give a newborn cow to a neighbor.

From nothing to learn ...

to enough income to pay a child's school tuition.

Your gifts made this possible by enabling Heifer to provide livestock and training to some of the world's poorest people.

As a result, families gain the lasting ability to meet their own needs and earn income from selling milk, eggs, wool and other home-made products at local markets. It's enough income to provide them with nutrition, health, opportunity and more.

Yet one important ingredient we *don't* have enough of is people like you. That's why I hope you will remember the hope, optimism and compassion that brought you into the Heifer community, and make another transformational gift today.

Your gift will reach another family struggling to live on nothing and provide them with a chance to transcend poverty through their own efforts. A gift of any amount, whether \$25 or \$250, will be enough to make a lasting difference.

The lives of the four families introduced on the enclosed profile insert show how.

I count eight bright smiles in their pictures. Behind each are two parents who no longer bear the heavy burden of never having enough to feed, clothe and educate their children.

In the central African nation of Zambia, for example, two adorable young boys escaped the lasting damage of hunger and malnutrition when their parents had the opportunity to join a Heifer dairy project. "*Our standard of living was very, very poor,*" says Linus Mugala, "*Our children did not have enough food.*"

The powerhouse productivity of the two dairy cows that Heifer gave to Linus and her husband, Leston, changed that harsh reality. The cows produced an abundance of fresh, nutritious milk — more than enough to feed the whole family. Extra gallons provided a dependable income at the community market.

(over, please)

The cows also produced a steady supply of organic fertilizer — a valuable additive to the poor soil that had prevented the family's small plot of land from fulfilling its potential. Heifer experts showed Linus and Leston how to use the fertilizer to improve their soil, and to plant and cultivate their vegetable crops to ensure a bigger harvest.

Increased income from milk and vegetables enabled the couple to purchase two additional cows. **Together, their thriving herd produced 13 gallons of milk per day. Over time, their income grew from a modest \$54 a year to more than \$10,000!**

One look at the smiling faces of Cornelius and Mischek Mugala, and you'll see the results of having *enough*. It's the glow of good health, the energy of a proper diet, the optimism of knowing their family is moving ahead, instead of falling further and further behind.

The opportunity to join a Heifer project — to receive a hand up instead of a hand out — turns despair into hope, and hope into the promise that lasting prosperity is within reach at last.

We see it hundreds of thousands of times each year. You've already made it possible through your earlier support. Just think of the next family like Linus, Leston, Cornelius and Mischek Mugala dreaming of the chance to lift themselves out of poverty, so they can finally have enough to thrive.

With your gift today, the hard work and determination of another Heifer family will turn it into something remarkable: *enough*.

With hope and friendship,



Pierre U. Ferrari
President and CEO

P.S. Please don't wait to act. There are so many malnourished children who need you right now. Thank you again.

